



**HUMAN RESOURCES OFFICE
TECHNICIAN / AGR ADMINISTRATIVE INSTRUCTION**

Number: 10-15

16 March 2010

**2010 Civil Service Retirement System (CSRS)
and
Federal Employees Retirement System (FERS) Seminars**

1. Have you planned for your retirement? How close are you to it? Will your retirement annuity cover your living expenses? How will the Thrift Savings Plan (TSP) and/or Social Security affect your retirement? How do you set up a survivor annuity? Have you bought back your military service and/or qualifying temporary federal employment? What medical coverage will be available? Why is it important to update your beneficiaries?

Professionals including a retirement counselor, legal advisor, and financial manager will be present at our upcoming retirement seminars to answer these questions and more. Every federal technician should make retirement and financial planning a priority. It is recommended that all technicians attend three seminars during their federal careers: at the beginning, middle, and five years prior to retirement. The seminar dates are as follows:

- a. **Civil Service Retirement System (CSRS):** 9 - 10 June 2010
- b. **Federal Employees Retirement System (FERS):**
7 - 8 June 2010 9 - 10 or 11 - 12 August 2010 18 - 19 or 20 - 21 October 2010

2. Approximately 50 seats are available in each class; spouses are highly encouraged to attend. For those coming from out of town, travel days are the days before and after the class dates. All training will be held at the Sacramento Marriot, Rancho Cordova, CA. Specific details for each seminar will be published prior to attendance.

3. To attend the seminar and learn how your retirement contributions, TSP, Social Security, and other benefits will affect your future, please complete a Standard Form (SF) 182, "Authorization, Agreement and Certification of Training," then forward it to the Human Resources Office through your Remote Designee. CA ARNG technicians must make their travel arrangements through the Defense Travel System (DTS).

4. For questions regarding the seminars, please contact Ms. Lisa Nagata at CAGNET 6-3601, DSN 466-3601, or COMM (916) 854-3601. You may also contact SPC Shawn Brum at CAGNET 6-4250, DSN 466-4250, or COMM (916) 854-4250. Additionally, you may email them at the following link: NGCAJ1HRO-HRDS@ca.ngb.army.mil.

A handwritten signature in black ink, appearing to read "David B. Nickels".

DAVID B. NICKELS
COL, GS, CA ARNG
J1, Director of Manpower and Personnel

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